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Winnipeg metro

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Diplomacy, Vickers-style
metroNEWS

Pride supporters show their spirit during last year's parade.
SHANNON VAN RAES/ FOR METRO

TAKING PRIDE

Extended hours among what's new for 2016 festivities

PRIDEWEEK
COVERAGE INSIDE, PAGES 6 & 7

Lend a green thumb to the city's hungry

CHARITY

Winnipeg Harvest reaches out to gardeners

Shane Gibson
For Metro

Winnipeg Harvest wants those who love to garden to share their passion this summer — literally.

As Winnipeg green thumbs head out into their backyards to tend to their gardens Harvest is asking them to "grow a row" of veggies to donate to the non-profit, who will in turn bring the home-grown produce to those who are hungry in our city.

"It's a great way to encourage people to grow their own food, eat healthy, and at the same time, donate to your local food bank," said Harvest's director of building operations, Jacob Pachikara. "It's great to get your hands dirty and get outside and know that you're making a difference."

The Grow-A-Row project was started in 1986 when a pair of local backyard gardeners grew more potatoes than they could eat and wondered if they could donate them.

The answer from Harvest was a resounding yes, and an idea was born.

Since then the program has grown through word of mouth, and Pachikara said as of last year it's brought in more than 3.75 million pounds of fresh produce.

As well as taking donations from backyard gardeners, the program recently got a boost when the Winnipeg Airports Authority — who had been donating from a garden on their property for more than 20 years — challenged other corporations to get involved too.

"We've now got everything from publishers, some of the colleges, major businesses and even an RM that's taking part this year," said Michael Badejo from the Winnipeg Airports Authority. "Giving back to the community is very important to us and we've found other organizations feel the same way too."

Winnipeg Harvest is also calling on increased donations of canned beans, soup, fruit and vegetables to keep up with increased demand associated with new Syrian families living in Winnipeg.

""The reason these food items are so important to have available is to ensure we honour the dietary needs of cultures that rely on vegetarian staples, and we are really tight on those right now," said executive director David Northcott.

To find out more about how you can help Harvest's Grow-A-Row program go to winnipegharvest.org.

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metro NEWS
Return to FORT MAC
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Bringing back essential services to an evacuated community. Canada

IN BRIEF

Cabbie accused of trying to bribe sex-assault victim

Police say a Winnipeg cabbie facing sexual-assault charges made matters worse this week when he allegedly went to the victim's home and tried to bribe her to abandon her complaint.

On May 15, "before the female was driven to a secluded location in the 1100 block of Main Street, the driver made inappropriate sexual advances toward her," a police statement said. "A short time later, the victim was sexually assaulted."

Mohinder Sarkaria, 55, has been charged with sexual assault and attempt to obstruct justice.

METRO

Reseller puts hundreds of Jets hats on Kijiji

A reseller from Ontario has placed an ad on Kijiji looking for a wholesale buyer to purchase hundreds of retro Winnipeg Jets New Era fitted hats for $10 a pop.

These are being touted as a "great seller" for October's NHL's Heritage Classic being played in Winnipeg, with the Jets going up against the Edmonton Oilers.

"This item will sure to be a great seller for the game, and at this price you will be sure to move a ton of them. Be sure to message me for best selection — they will not last!" the ad says.

MICHELLE BAILEY/FOR METRO

City head over heels for meals on wheels

CULINARY ARTS

Social media gets plenty of credit for rise of food trucks

Braeden Jones
Metro | Winnipeg

Groundhogs might signal spring, but food trucks signal summer, and Winnipeg has plenty of four-wheeled fare.

"Food trucks are associated with summer," said Steffen Zinn, president of the Winnipeg Food Truck Alliance.

"When the food trucks are out, everyone is like, 'Summer is here!'"

A number of food trucks will be out Friday for the Best of Fest Event on Carlton Street — as event organizer Jason Syvixay said, "Winnipeggers love food trucks" — but they represent just a handful of the mobile offerings rolling with the growing trend.

The provincial department that issues operating permits for all food trucks and hot-dog carts in Manitoba notes there has been a 54.6 per cent increase in permits issued in the past five years.

Last summer there were permits issued to 270 food trucks and 251 hot-dog carts.

A spokesperson said there have already been 211 permits issued early in this summer season, but there will be "at least as many as in the last fiscal year once owners start their operations for the summer."

Specifically in Winnipeg, Zinn said, the number is normally "hovering around the 30 mark."

It fluctuates somewhat as food-truck entrepreneurs get in and out of the business. He said there are as many as six all-new trucks rumoured to be in the works this year.

The reason for the increase in offerings, Zinn speculates, is the flexibility and low cost of getting up and running.

But he said the surge in popularity is tied to the variety the mobile food business brings.

"People who work on Broadway or downtown are down there 12 months of the year. For seven months they have the same or limited options for lunch," he said. "When summer comes and the trucks show up, they're all excited."

He said food trucks are having a moment as people are more inclined to share what they're eating, and the slim menus often feature unique signature items worth sharing.

"Social media seems almost tailor-made to the food-truck industry," he said, likening Instagram and Twitter to the food-truck's digital storefront for customers to visit outside of business hours.

Mike Green of Tourism Winnipeg agrees, adding the trucks and their signature dishes are very promotable and "Instagram friendly."

"Your menu has to be tight. It's a really good way to showcase special dishes," he said.

Green is currently updating the Peg City Grub food-truck guide for Tourism Winnipeg and sees the growing industry as something that helps enhance certain parts of the city and events as destinations.

"For culinary tourists, it really adds vibrancy to the street," Green said. "It's a really good showcase for food. It's food porn everywhere; you see the trucks lined up, and it's like a really cool advertisement of the city's diverse food scene.

"It's great for tourism in Winnipeg."

ISTOCK

DOWNTOWN

Best of Fest on display

An event hosted by the Downtown Winnipeg BIZ dubbed Best of Fest Downtown will show off several of Winnipeg's food trucks for delegates attending Centrallia, the Liberal Biennial Convention and the Federation of Canadian Municipalities Annual Tradeshow.

Between 10 a.m. and 10 p.m., the pop-up party will feature musical performances, a farmers' market and the following food trucks:

- A little pizza heaven
- Poutine King
- The Churo Stop
- Island Fusion
- Mr. Concession
- Better than Babas
- KYU Krill

Modernist master has 'Peg connection

ART

Curator hints at complicated link with Marc Chagall

Shane Gibson
For Metro | Winnipeg

The Winnipeg Art Gallery found out all roads lead back to Winnipeg while getting ready for their latest exhibition — Chagall: Daphnis & Cholé — opening this weekend.

After learning the gallery would be partnering with the National Gallery of Canada to display 42 lithograph prints by Marc Chagall this month, WAG curator Andrew Kear decided to do a little research on the 20th-century early modernist artist.

And wouldn't you know it, he found out Chagall has a Winnipeg connection.

"It's too wonderfully convoluted to really say at this point, but sufficed to say it involves a former WAG director, Berlin in the 1920s, a pair of classical musicians from Quebec, a mysterious woman known as Vava, and of course, Marc Chagall," Kear told a press conference held Thursday leading up to this weekend's launch.

After discovering the connection the gallery decided to run a second exhibit — called Chagall & Winnipeg — that tells the story of how the two met and includes photographs and correspondence the two sent throughout their friendship.

Both exhibits run at the Winnipeg Art Gallery until Sept. 11.

Running alongside the Chagall exhibits is a third exhibit that features the works of distinguished Winnipeg artist Esther Warkov painted between the 1960s and 1980s.

The exhibit Esther Warkov: Paintings, 1960s-1980s runs until Oct. 16, and all three exhibits will officially launch at the gallery on Saturday starting at 7 p.m.

Winnipeg Art Gallery's curator of historical Canadian art Andrew Kear stands next to Marc Chagall's Flower Still Life, part of three exhibits opening this weekend. SHANE GIBSON/FOR METRO

ENVIRONMENT

4-H hits highway for annual road clean-up

4-H club members are taking to highways and roads in Manitoba this weekend for their annual clean-up campaign.

Motorists are being asked to use extra caution Saturday, May 28.

All work areas are supervised by adult volunteers and marked with safety signs. Participants will be wearing a safety vest and cleanup takes place between 9 a.m. and 3 p.m. to ensure they are more easily visible.

"We are proud to partner with 4-H clubs across Manitoba in this annual campaign, which has resulted in tidier roadways and a more beautiful landscape for 30 years," said Agriculture Minister Ralph Eichler.

The Manitoba government pays 4-H clubs for every kilometre of roadway cleaned. Last year, 425 kilometres of roadsides and ditches were cleaned and 1,995 bags of trash were collected. Recyclable bottles and cans were also delivered to appropriate pickup locations.

The participating clubs earned more than $11,900 to support their programs.

METRO STAFF

TOURISM

City opens its doors

Doors Open Winnipeg takes place May 28 and 29, and organizers are anticipating another successful event.

"Winnipeg is rich in history and heritage buildings, and since 2004 this event has served as a wonderful opportunity to learn more about our city," said Mayor Brian Bowman in a brief promotional message shared Thursday.

The free event hosted by Heritage Winnipeg features tours of Winnipeg's unique spaces, architecture and history, showcasing more than 80 buildings and sites.

Since the first iteration in 2004, Doors Open Winnipeg has attracted more than a quarter of a million site visits, putting the city's architecture, history and culture on display.

The 2015 event was one of the most successful years yet, with over 27,000 site visits over two days. METRO STAFF

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Pride festival getting bigger this year

EVENT

Opening party, longer hours added as crowds grow

Shane Gibson
For Metro | Winnipeg

It's time to show your pride, Winnipeg.

The 2016 installment of the Winnipeg Pride Festival starts its 10-day run Friday and this year organizers are squeezing even more party into the already jam-packed shaker.

The festival is extending hours on both the Saturday and Sunday evenings of the Pride Day weekend festivities at The Forks, meaning the beer tent and hoopla will carry on until 8 p.m. instead of 6 p.m.

"The festival continues to grow, we have tons of folks who are coming out so this just gives them more Pride to enjoy, essentially," said Pride Winnipeg president Jonathan Niemczak, who added another big change this year is coming to the festival's first night on Friday. "We're going to have an opening party instead of a closing party this year. So in the past we used to do sort of as an end to the whole festival on the very last Sunday we'd do a party in the evening, but now we're switching it to an opening event."

Niemczak said organizers decided to party on the opening night as opposed to the closing night this year to make sure the 125 hard-working volunteers who help run the many events planned over the span of the festival can enjoy the celebration as well.

> **We have a lot of eyes on us, especially coming into Pride Week.**
> Jonathan Niemczak

"We're onsite at the legislature for seven in the morning getting ready for the rally and the parade, then going to the festival, and then when we used to have the closing party we were going hard until four in the morning," he said. "So you're pretty well up for 24-hours at that point, so, yeah, it's much easier on the staff by doing it this way."

The theme for this year's festival is 'Be Authentic', which Niemczak said was chosen to spread a message of empowerment throughout the community.

"We have a lot of eyes on us, especially coming into Pride Week and the theme allows us to use that privilege to speak to a message," said Niemczak. "We're encouraging folks to be themselves and not allow individuals to try and put them in boxes or dictate how you should look, how you should express yourself or how you should identify.

The festival runs until June 5, and a full list of things planned can be found at pridewinnipeg.com.

The 2016 Winnipeg Pride Festival starts on Friday and runs until June 5. SHANNON VAN RAES /FOR METRO

PRIDE RUN

Registration for annual 5k extended

The popular Pride Run is back for 2016, and will take place May 28 at 9 a.m.

Registration for the run has been extended until Friday evening.

The annual 5k will start in Stephen Juba Park, cross the Provencher Bridge, loop through St. Boniface and end back in the park for snacks and prizes.

This year's theme is "get your colour on," and should mostly speak for itself, and the run is raising money for Reaching Out Winnipeg (ROW), a local organization that sponsors and supports sexual and gender minority (SGM) refugees and newcomers.

SHANE GIBSON/FOR METRO

OTHER SPECIAL EVENTS

- **Alice in Pride Land** opening night party goes May 27 at 441 Main starting at 9:30 p.m.
- **Pride Vigil** for lost members of the community goes 8:30 p.m.-9:30 p.m. at the legislature grounds
- **Youth Dance Party** will shake the West End Cultural Centre June 4 at 7 p.m.
- **Pride Parade** kicks off at noon on June 5 at the Manitoba Legislative Building

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Festival servers turn tips into scholarships

CHARITY

Volunteers said they wanted to give back with their gratuities

Shane Gibson
Metro | Winnipeg

Tips given to servers at this year's Winnipeg Pride Festival are going a long way.

For the first time the festival is collecting the gratuities received at festival sponsored events and using them to create scholarships to help young people in need of assistance pay for their post-secondary education.

The idea is the brainchild of Pride Winnipeg's vice president of programming, Robert Biscontri, who came up with it after volunteers told him they wanted to donate the tips people had left for them on the credit and debit machines back to the festival.

"It started off with 'what do we do with this money?' and this year within twelve months we've got the Winnipeg Foundation on board, we've got $1,400 worth of donations already and we're looking forward to the festival and collecting even more," said Biscontri of the program he's called ScholarTIPS.

"And at the festival this year we're making a point of making sure people know what we're doing so hopefully people will dig deeper."

Biscontri plans on giving away one or two scholarships this August valued between $200 and $500, and any further cash raised will go straight into an endowment set up with the Winnipeg Foundation.

If the festival can put $10,000 into that endowment over the next five years, Biscontri says the scholarship will become a permanent deal.

The scholarships are open to anyone in the community — including supporters — who are going to college or university and could use the financial assistance.

Those interested will be asked to fill out an application on the pridewinnipeg.com website and complete a 200 word essay on how they see themselves in the community and why they could use the helping hand.

Applications will be due by July 31, and the scholarship winners will be announced in August.

As well as donating at the festival with cash, debit and credit card tips, people can donate directly through the Winnipeg Foundation's website at wpgfdn.org.

> **"At the festival this year we're making a point of making sure people know what we're doing.**
> Robert Biscontri

$10,000

If the festival draws this much in gratuities into an endowment fund set up with the Winnipeg Foundation over the next five years, the scholarships on offer this year will be made permanent.

Pride Winnipeg's vice president of programming, Robert Biscontri, left, and Pride Winnipeg president Jonathan Niemczak are encouraging pride goers to tip their servers at this year's festival with cash, credit, or debit as all money raised through gratuities will be used to create a scholarship to help young people pay for school. SHANE GIBSON/METRO

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Video project highlights dangerous driving habits

ROADS

Go-Pro footage shows several drivers putting cyclists at risk

Braeden Jones
Metro | Winnipeg

An ongoing year-long video project is helping demonstrate just how dangerous a cyclist's commute in Winnipeg can be, and what could make it safer.

Near the end of August 2015, Manitoba Public Insurance (MPI) supplied Bike Winnipeg co-chair Ian Walker with a couple of Go-Pro cameras so he could record instances when his safety was at risk on his bike.

In fewer than 300 days of collecting footage, the results aren't exactly a ringing endorsement for bike-safety in the city.

"I've collected well over 200 videos of different (scenarios) that would be seen as unsafe," Walker said.

He explained the most frequent issues are also the most dangerous.

Drivers frequently neglect to leave enough space when passing, drive too close before pulling out to pass, and roll through stop signs.

"Some people are passing within inches or a foot of my handle bars," he said. "And I've been making a point of collecting videos of people not stopping at stop signs to highlight that it's a real problem."

Walker also sees a lot of aggressive drivers target him because he's on a bike, act aggressively, even get out of their cars and be confrontational — before they see the Go-Pro.

He's got all of that on camera, captured by the one he keeps on his helmet, as well as one below his bike's tail light pointed right back at tailgaters.

He'll keep recording the videos until the end of this summer, then package it all for MPI to sort through and work with.

His hope is that it can be used to show people "what dangerous driving behaviour looks like."

"I just don't think some drivers are aware of how they are driving," he said. "I see a lot of aggressive driving, especially when I'm on a bike… When you're in a car you may not notice it as much when you have the safety of all that metal around you.

"I'm a little bit more aware out on my bike that I'm out there in the air and I'm vulnerable."

Brian Smiley, MPI spokesperson, said the year-long video project came from discussions with Bike Winnipeg about ways to educate motorists about ways they can help prevent collisions.

"It's capturing it through the eyes of the cyclist, probably the best perspective if we are going to move forward on (increasing) safety," Smiley said. "Obviously they see some very interesting things — how we are going to apply that and what we are going to do with it is still to be determined."

Walker said participating in the program is personal for him too, as he's trying to encourage his kids to think sustainably and look at cycling as viable year-round.

"I'm having to teach my kids that not all motorists stop at stop signs, people aren't paying attention, it's important for them to be diligent," he said. "It's madness. We need to address driver behaviours."

> **I see a lot of aggressive driving, especially when I'm on a bike.**
> Ian Walker

Ian Walker is the co-chair of Bike Winnipeg and a year-round cyclist. BRAEDEN JONES / METRO

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Young people participate in a Canada 150+ME workshop. CONTRIBUTED

Winnipeg to host youth workshop for anniversary

SESQUICENTENNIAL

Teens to share opinions on challenges to come

Michelle Bailey
For Metro | Winnipeg

Winnipeg will be one of five host communities for a project aimed at celebrating Canada's 150th birthday in 2017.

The Canada 150+Me Project from Experiences Canada will recruit thousands of youth from Winnipeg and across the country, aged 14 to 19, to become active participants in shaping a future sustainable agenda for Canada's next 150 years.

The project will bring together young people through cultural exchanges, both online and onsite, at four regional forums to be held in April and May of 2017.

Teens will be asked to explain what they think the greatest opportunity or challenge is for their generation using whatever medium they choose. This could include music, video, art, spoken or written word.

"Milestones are not just meant to mark how far we've come," said Deborah Morrison, CEO and President of Experiences Canada. "They are an opportunity to stop and think about where we want to go next. Who better to lead that exploration than those who will be the stewards of that future?"

Students in Jennifer Janzen's history class at the University of Winnipeg Collegiate are among the first to create their history and art projects.

"It's the young people that have the biggest stake in the future and their ideas and voices must be heard."

The highlight of the regional events will be youth forums.

Morrison said students selected to travel will visit historic sites, museums, local festivals and live with local host families to get a richer appreciation for the culture and everyday life of the community they visit.

For more information, visit experiencescanada.ca

> **It's the young people that have the biggest stake in the future and their ideas and voices must be heard.** Deborah Morrison

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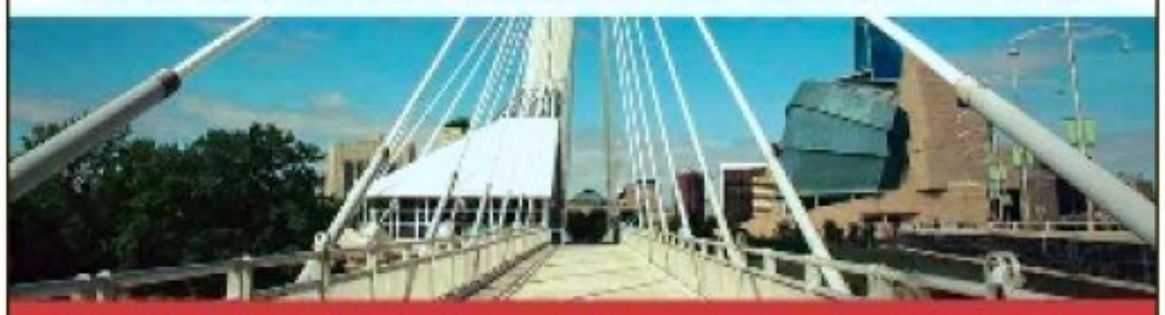

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IRELAND

Canadian hero both lauded and criticized for actions

When Prime Minister Justin Trudeau and his ministers crowed after taking office that "Canada is back" on the world stage, people probably thought more of diplomats like Lester Pearson than Kevin Vickers.

Vickers, the former Commons' sergeant-at-arms celebrated as a hero after an armed attacker was shot and killed inside the Parliament buildings in 2014, was appointed Canada's ambassador to Ireland by way of reward.

On Thursday in Dublin, at a ceremony to honour British soldiers killed putting down the 1916 Easter Rising of Irish nationalists against British occupation, Vickers grappled with a protestor in the sort of physical intervention not typically regarded as diplomatic.

The Global Affairs Department said in a statement that Vickers "intercepted a protester who ran up to the podium" during the commemoration at a military cemetery.

However, a video of the incident shows Vickers stepped forward as the protester shouted "This is an insult!" Vickers grabbed the man and hauled him away. The man was then handcuffed and taken away by Irish police and the ambassador returned to his place to observe the ceremony.

It was a sensitive event given the deaths of hundreds of Irish nationalists in 1916, the execution of leaders of the uprising, and the subsequent declaration of martial law by the British and the arrest of thousands of citizens.

While some social media commentators hailed Vickers as a Canadian superhero, questions were raised about why he attended such a potentially divisive event, and why the ambassador felt it appropriate to engage physically with a lone protester taking public issue with a state event in his own country.

David Mulroney, a former Canadian ambassador to China who is now a senior fellow at the Munk School of Global Affairs, warned against a rush to judgment.

If Vickers considered the man a legitimate safety threat, then acting on his police training was probably instinctive and justified, Mulroney said.

TORSTAR NEWS SERVICE

Kevin Vickers as sergeant-at-arms in 2014. THE CANADIAN PRESS

Canadian Ambassador to Ireland Kevin Vickers, left, wrestles with a protester in Dublin on Thursday. THE CANADIAN PRESS

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JAPAN

PM touts trade to G7 leaders

Justin Trudeau talked up trade and warned of creeping protectionism Thursday as he met powerful world leaders in a G7 setting for the first time.

On the opening day of the G7 summit in Japan, Trudeau also used his audience with the heads of some of the planet's biggest economies to promote Canada's free-trade deal with Europe.

He focused on the Canada-European Union treaty, known as CETA, in a bilateral chat with German Chancellor Angela Merkel.

Trudeau discussed the pact again in a one-on-one meeting with French President Francois Hollande.

And, in a working session with all the leaders, Trudeau once more touted the merits of international trade.

"When the middle class are anxious about their economic realities in their future, it's easy to get trapped in demagoguery and protectionism," Trudeau told said at the remote Shima resort, which was shielded by barbwire-topped fences, checkpoints and waves of security officers.

THE CANADIAN PRESS

Justin Trudeau speaks at the G7 Summit in Japan on Thursday. GETTY IMAGES

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Officials in Fort McMurray have been working hard to restore services in preparation for the arrival of the city's evacuated residents. RYAN REMIORZ/THE CANADIAN PRESS

Complicated task of city's switch-on

Return to FORT MAC

Community preparing for return of evacuees

Ryan Tumilty
Metro | Edmonton

When 90,000 people fled Fort McMurray in early May, they left behind not only homes and lives, but grocery stores, gas stations and other essential services that now need to be turned back on.

And that's the challenge many are currently trying to solve: How do you do that by June 1, when the government will allow evacuees to return voluntarily? The answer: It's really complicated.

"When we evacuated the city, 90,000 people were gone. We turned off the lights and we turned off the gas and, 24 days later, we have issues," said Bob Couture, Fort McMurray's director of protective services, who is overseeing the work of turning the community back on.

Couture said the task at hand leaves hundreds of items to think about and most have been more complex than people anticipate.

> **We are going to have a new normal in our community and what that is, I really don't know.**
> Bob Couture

"You expect a grocery chain might just be able to turn the lights back on, but it's not — it's a very complicated process," he said.

Just getting staff from grocery stores or other companies up to the city to operate the facilities is a challenge, he said. "The hotels have been down, so we have to get those up and running for accommodations."

Fort McMurray is more than 400 kilometres north of Edmonton, where many evacuees and workers are now based. The distance means that everyone coming to help re-start the community has to be housed and fed, which Couture said is a major challenge.

"There is only one way into Fort McMurray right now and that's by road and it's five hours away from everything else."

He said they've also had to be selective in who they have let back in.

"We have a large community of 90,000 people and everybody wants to come in and everybody wants to help, and there is no room for everybody to go," he said.

The phased re-entry of the community is set to begin next week. Much of the city's electricity and gas service has been restored but it may be well into June before a boil-water advisory for drinking water can be lifted.

ONTARIO

Pit bull ban poses a problem

Lucie Edwardson
Metro | Calgary

Tera Joseph and her family are trying start over after fleeing their home in Fort McMurray when the wildfires forced them out of the city earlier this month.

Traveling cross-country in car from Edmonton to Prince Edward Island, the family and their beloved dog Lucy were focused on figuring out what came next — until, while in Manitoba, they found out, Lucy, a pit bull wouldn't be allowed to pass through Ontario legally.

Lucy the pit bill CONTRIBUTED

"I was aware of the Ontario ban on pit bulls, but I wasn't aware that I couldn't even pass through the province," she said. "Upon learning this, we decided we would fly her from Winnipeg—but then we found out they also have a pit bull ban."

Ontario's Dog Owner Liability Act came into effect in August of 2005, banning all pit bull breed dogs from the province, unless the dog was born prior to the act passing..

"If the animal is deemed to be prohibited it would be transported out of the province," said Ontario SPCA Insp. Brad Dowar.

The dog's owner could also face fines or jail time.

Trump triumphant

U.S. ELECTION

Front runner shifts focus to Hillary Clinton

Donald Trump has reached the number of delegates needed to clinch the Republican nomination. THE ASSOCIATED PRESS

With a triumphant pile of delegates in hand, Republican Donald Trump on Thursday claimed support from "almost everybody" in his party and turned his attention to his likely Democratic presidential opponent, Hillary Clinton, who is still locked in a divisive primary contest.

The New York billionaire reached the number of delegates needed to clinch the GOP nomination hours earlier, according to the Associated Press count, just before a North Dakota campaign stop. It completed his unlikely rise that has upended the political landscape and set the stage for a bitter fall campaign.

"Here I am watching Hillary fight, and she can't close the deal," he told reporters. "We've had tremendous support from almost everybody."

Trump's good news was tempered by his own continuing campaign problems. Those include the abrupt departure of his political director and continuing resistance by many Republican leaders to declare their support for his upstart candidacy.

Trump was put over the top in the AP delegate count by a small number of the party's unbound delegates who told the AP they would support him at the national convention in July. Among them was Oklahoma GOP chairwoman Pam Pollard.

"I think he has touched a part of our electorate that doesn't like where our country is," Pollard said. "I have no problem supporting Mr. Trump."

It takes 1,237 delegates to win the Republican nomination. Trump has reached 1,239. Of those, 95 are unbound delegates who have endorsed him.

With 303 delegates at stake in five state primaries on June 7, Trump will easily pad his total, avoiding a contested convention in Cleveland.

Trump fought off 16 other Republican contenders in an often ugly primary race.

Many on the right have been slow to warm to Trump, wary of his conservative bona fides. Others worry about his crass personality and the lewd comments he's made about women.

THE ASSOCIATED PRESS

CHINA

Karl gets high Marx in viral hip-hop song

The latest hot topic for Chinese rappers is a bearded 19th century German philosopher who wrote a book called The Communist Manifesto.

Chinese state media are promoting a new rap song praising Karl Marx, in the latest attempt to leverage popular culture in support of the ruling Communist Party.

Entitled Marx is a post-90 — China's version of a millennial — the song extols the communist godfather's supposed coolness with lyrics such as, "Life is full of little accidents, then one day I discovered how awesome he was."

"I saw my faith, don't even ask why," it continues. "You are my Venus, my dear Marx."

The website of the party newspaper People's Daily said the song proves how Marx continues to appeal to young people and will "never completely go out of style."

The site said an accompanying video featuring dancers, a DJ and rappers in backward caps has "gone viral." THE ASSOCIATED PRESS

ARCHEOLOGY

Tomb of Aristotle may have been found

A Greek archeologist who excavated the birthplace of Aristotle in northern Greece in the 1990s says a destroyed structure he discovered may have been the tomb of the ancient philosopher and teacher of Alexander the Great.

Konstantinos Sismanidis concedes that he has "no proof but just strong indications" to back up his theory, presented Thursday at a conference marking the 2,400th anniversary of the philosopher's birth.

Aristotle was a pupil of Plato and one of history's most influential thinkers.

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Strikes in France over labour reform bill

A man holds flowers and a torch as he faces riot police during a demonstration in Lyon, France. AFP/GETTY

PROTESTS

Thousands march from Bastille plaza, 77 detained

Volley after volley of tear gas poisoned the Paris air Thursday, as authorities struggled against nationwide strikes and a groundswell of public anger at a high-stakes government attempt to change the way France views work.

Oil refineries shuttered. Nuclear were plants on hold. Dock workers hurled firecrackers. Union activists cranked up the tensions to try to force President Francois Hollande to abandon a labour bill that gives employers more flexibility and weakens the power of unions.

The big question is whether Thursday's burst of labour action fizzles out after the one-day strikes end, or inspires lasting unrest.

Prime Minister Manuel Valls opened the door to possible changes in the labour bill that's triggering all the anger — but said the government wouldn't abandon it.

Union activists said it's too late to compromise. Posters at a protest in the port of Le Havre bore a blood red tombstone representing the bill reading: "Not amendable, not negotiable: Withdraw the El Khomri Law" — referring to Labor Minister Myriam El Khomri.

The draft law, aimed at boosting hiring after a decade of nearly 10-per cent unemployment and slow but corrosive economic decline, relaxes rules around the 35-hour work week and leaves workers less protected from layoffs.

THE ASSOCIATED PRESS

WORLD HEALTH ORGANIZATION

Hospitals targeted in attacks

Nearly 960 people have been killed worldwide in attacks on medical facilities in conflicts over the past two years, the World Health Organization said in a report Thursday that highlighted an alarming disrespect for the protection of health care in war by both governments and armed groups.

The study by the U.N. health agency detailed 594 attacks on hospitals and clinics in the Middle East, Africa and elsewhere in 2014 and 2015 that killed 959 medics, support staff, patients and visitors and left over 1,500 injured.

Most disturbingly, the report says over 60 per cent of the attacks deliberately targeted the medical facilities, while 20 per cent were accidental and the rest were undetermined. War-wracked Syria tallied the largest number of attacks on health care —228 in the two-year span — accounting for nearly 40 per cent of the agency's global tally.

"This is a huge problem. Attacks on health workers are not isolated, they are not accidental and they are not stopping," said Dr. Bruce Aylward, the head of emergency response at WHO. THE ASSOCIATED PRESS

> Attacks on health workers are not isolated, they are not accidental and they are not stopping.
> Dr. Bruce Aylward

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Airbnb reviews Quebec law

SHARING ECONOMY

Wants divide between big and small operators

Quebec may be the first Canadian jurisdiction to regulate home-sharing services but the new provincial law won't become the only model guiding the evolution of Airbnb, says a senior company executive.

"What works for one community may not work for another," Chip Conley, global head of strategy and hospitality, said in an interview.

"The question I think people have is how is it properly regulated in a way that makes sense for local communities and that may be different in Vancouver than it may be in Toronto."

There are vast differences in approaches, including taxation laws, in the 34,000 cities in which Airbnb currently operates.

Conley said the company has no problem with local regulations that require, for example, guests to pay lodging taxes or that force property owners who rent out units as a full-time business to register.

"To be regulated is to be accepted," he said.

However, he added that Quebec's law, which came into effect on April 15, needs to make a clearer distinction between property managers who make hundreds of thousands of dollars and home owners who occasionally rent out their primary residences a few times a year to help pay for vacations.

The Quebec law requires owners who frequently rent out their properties to obtain the same provincial certification as hotel and bed-and-breakfast operators, and therefore charge travellers lodging taxes of up to 3.5 per cent.

THE CANADIAN PRESS

Quebec law won't be only model regulating home-sharing service, Airbnb says. ISTOCK

IN BRIEF

Canada Goose to open Toronto, New York stores

Canada Goose, the luxury winter jacket maker, will open its first two retail stores this fall — at Toronto's Yorkdale mall and in New York City.

The Toronto-based company says each store will be more than 4,000 square feet and showcase some of its vintage styles and more modern designs.

Canada Goose products are currently sold through the company's online store and authorized retailers in Canada and abroad.

THE CANADIAN PRESS

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metro VIEWS

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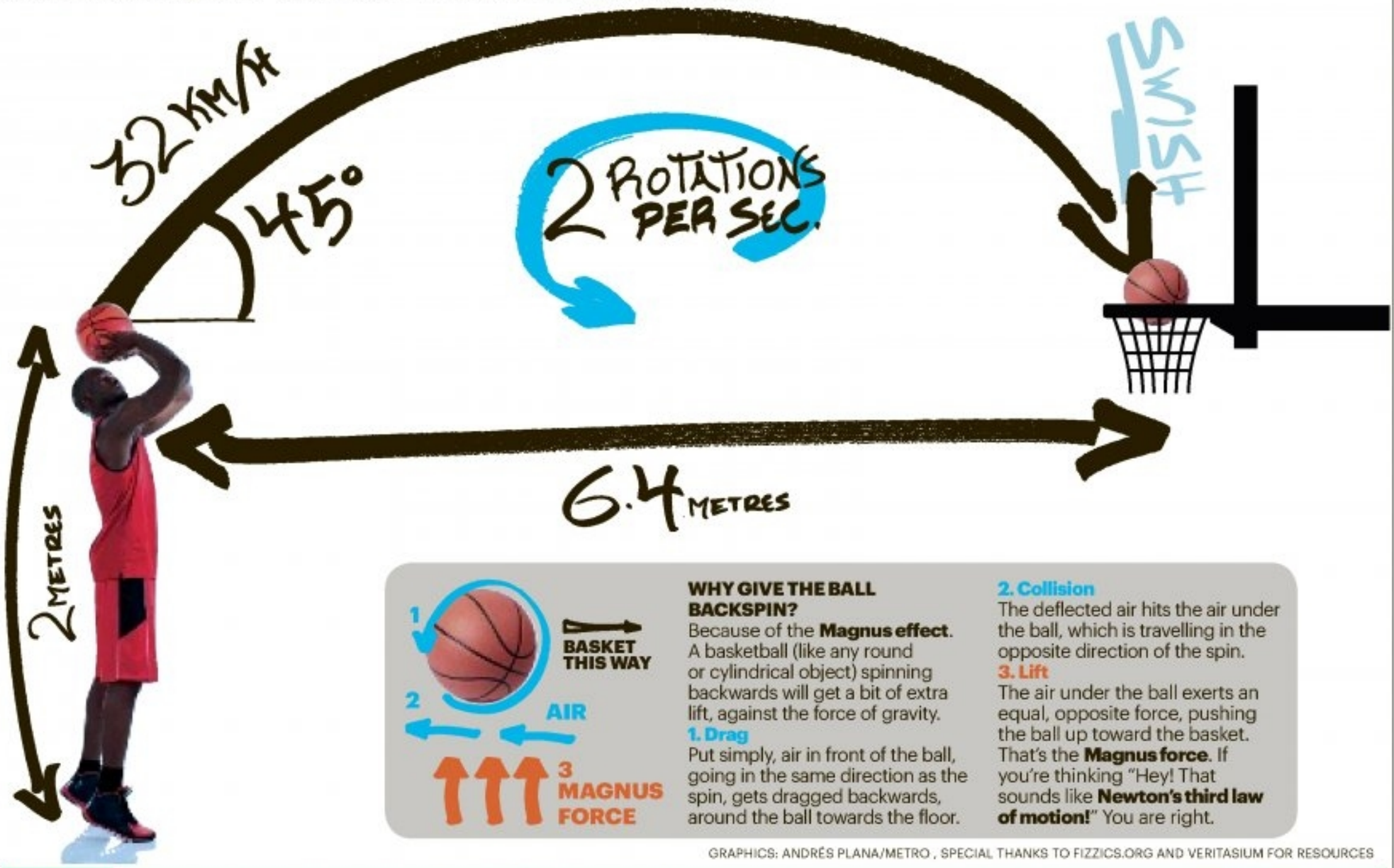
SCIENCE SAYS Weekend, May 27-29, 2016

WHAT'S OLD IS BREW Analysis of 5,000-year-old dregs revealed the recipe of the earliest known beer in China. It contained barley, millet and tubers.

DECODED BASKETBALL

LEARN TO SHOOT LIKE DEMAR DEROZAN

Just kidding, we definitely can't teach you that. However, we can explain the **physics behind the optimal three-point shot** — which the 26-year-old Raptor is well on his way to mastering. We consulted some work from Creighton University physics professor Gintaras Duda to learn about the multitude of factors that must come together all at once to create a satisfying 'swish.'



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FINDINGS
Your week in science

THE REYNOLDS LAB

NEW SNAKE SPECIES
Talk about precious silver: Harvard researchers have discovered silver boas previously unknown to science in the southern Bahamas. The critically endangered snakes could go extinct before we get much chance to study them, thanks in part to feral cats.

SLEEPING WILLOW
Finnish and Austrian researchers used lasers to observe treetops sagging by up to four inches at night, then bouncing back in the morning. Why? It could be reduced water pressure because there's no photosynthesis at night. Or trees are resting their branches to save energy.

SOUND SMART

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Just ask Mia, what Alice said

SEQUEL

Actress returns to Wonderland six years after first Burton film

Richard Crouse
For Metro Canada

Mia Wasikowska reprises her role of Alice in Alice Through The Looking Glass. DISNEY

Alice Through The Looking Glass, the six-years-in-the-making sequel to Tim Burton's Alice in Wonderland, takes place in a world where chess pieces come to life and the Cheshire Cat's grin is as toothy as ever. It's a flight of fantasy, based on a story published by Lewis Carroll in 1871, but grounded by the very human character of Alice Kingsley.

Mia Wasikowska has played Alice since the 2010 film, signing on to the first movie when she was just 18 years old.

"There is always a little bit of trepidation especially when you're dealing with a character who is so iconic and so beloved by so many people and so many generations," she told me on the release of the first film.

"But there is also a certain amount of realism to it because you know you can't please everyone and not everyone is going to be pleased so it is more just making the character your own and feeling comfortable in the decisions you make."

Originally imagined by Carroll in 1865, the little girl who found a world of wonder down the rabbit hole has become one of literature and film's more enduring and malleable characters.

She was the insane character of America McGee's video game Alice and the martial arts instructor of a Syfy channel adaptation. In 2010 Wasikowska said she thinks the stories have lasted because people relate to the strange characters and situations.

"I don't believe in normal," she said. "Nobody is normal. Everyone is crazy in his or her own way. So although these are extreme characters I think that just makes them more identifiable.

People want to see these characters, understand these characters, love these characters, feel comfortable with these characters because they are like everybody in this world who are kind of crazy. Everyone has felt like an outsider at some time in their life so it is a very identifiable story."

Alice first got the big screen treatment in 1903 in a 12-minute silent version starring Mabel Clark, who was also employed on the set as a "help-out girl," making costumes and running errands.

In 1966 director Jonathan Miller cast Anne-Marie Mallik as the lead in Alice, a mad-as-a-hatter made-for-BBC movie. Miller called Mallik, who auditioned by reciting a poem, a "rather extraordinary, solemn child."

Not everyone agreed. Peter Cook's biographer described the teenager's take on Alice as "sullen, pouting, pubescent with no sense of bewilderment." Mallik later said she wasn't impressed with her illustrious co-stars — John Gielgud as the Mock Turtle and Peter Sellers as the King of Hearts — because she had grown up surrounded by the very accomplished friends of her "much older" parents.

After production wrapped she "retired" from acting and afterward the BBC had trouble paying her a royalty because they couldn't find her.

It's hard to know what Alice Liddell, the young girl who inspired the character would have thought of any of the wild and wacky versions of the story, but we do know she enjoyed the 1933 Paramount version.

"I am delighted with the film and am now convinced that only through the medium of the talking picture art could this delicious fantasy be faithfully interpreted," she told the New York Times. "Alice is a picture which represents a revolution in cinema history!"

MOVIE RATINGS by Richard Crouse

X-Men: Apocalypse	★★★
Alice Through the Looking Glass	★★
Mr. Right	★★
Love & Friendship	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

Chloe Sevigny, left, and Kate Beckinsale star in Whit Stillman's Love & Friendship. HANDOUT

Avoiding the pitfalls of another costume drama

DIRECTING

Stillman adds modern touch to Austen story

Steve Gow
For Metro Canada

Acclaimed filmmaker Whit Stillman is finally releasing a follow-up to 2011's Damsels in Distress but he's not doing it the easy way.

Instead, the American auteur ventured a Victorian-era costume drama — not exactly stiff competition against summer blockbusters like Captain America.

"It's tough to make any film," admitted Stillman recently while promoting Love & Friendship — his new adaptation of a little-known Jane Austen story. "(But) it's less tough to make a period film if the source material has some star value — and Jane Austen's a star."

Based on the celebrated English author's epistolary novella Lady Susan, Stillman assumed producing the film "would be a slam dunk."

However Austen's comedy about a conniving 18th Century widow attempting to keep her social standing by seducing a naive wealthy bachelor proved a challenge.

"The person who distributes the film in the U.K. initially hated the script because the characters were so unlikeable and vicious," recalled Stillman with a laugh.

"I find very manipulative women characters funny. Sometimes women I meet in real life, I think they're really funny and it turns out they're just dominant and manipulative."

Stillman's body of work (which includes his Oscar-nominated 1990 debut Metropolitan) proves he's also a proponent of strong, female protagonists.

Yet, the director insists he's not really a fan of earlier Austen adaptations.

"If they aren't working on all cylinders I just don't want to see them," said Stillman, noting he spent a decade crafting his version of Lady Susan.

"This is different. This is kind of a fun film and I think it escapes the respectful adaptation trap."

One of the keys to avoiding that pitfall was casting Kate Beckinsale alongside indie darling Chloe Sevigny as a scheming accomplice.

While the pair previously teamed-up with Stillman on The Last Days of Disco, the nearly two-decades that have passed since that acclaimed comedy clearly hasn't affected the duo's on-screen chemistry.

"They were practically teenagers when they did The Last Days of Disco (and) they became big buddies in that and now they're super professional," said Stillman of his disparate cast.

"They come at (acting) from completely different techniques but it just works together."

FILMMAKER WHIT STILLMAN ON...

...putting himself in her shoes
"I do like women characters because it's not myself; it's not autobiographical," said Stillman of his penchant for female protagonists. "You have to find the common humanity that you find humorous and entertaining."

...the older audience
"It used to be that films were made for teens all the time because teens were going out to the movies tons," said Stillman. "Teens are not going to the movies that much so the older audience is (more) important for independent films."

...living with Austen for a decade
"My daughters, when they saw the film they said, 'dad, you put some of your lines you say all the time in the movie'," laughed Stillman of his long-awaited adaptation. "(But) actually I had ten years of quoting the Jane Austen lines to my daughters."

X-MEN APOCALYPSE

Your three-minute who's who catchup

Tye Sheridan (playing Cyclops) and Sophie Turner (playing Jean Grey) star in X-Men Apocalypse. CONTRIBUTED

The new generation of X-Men actors are now well and truly established with the arrival of X-Men: Apocalypse, the third film exploring the team's origins. In the latest movie, a historic rift emerges among the supermutants thanks to powerful and divisive newcomer Apocalypse. Find out who's in it, what the early verdict is, and where the trailers are at with our quick three-minute catch-up.

Who's in it?

James McAvoy returns as mutant school founder and mindreader Professor Xavier, as do protogés in Mystique (Jennifer Lawrence), Beast (Nicholas Hoult), Havok (Lucas Till), and Quicksliver (Evan Peters), while among those new to the school are Cyclops (Tye Sheridan, Last Days in the Desert), Jubilee (Lana Condor), Storm (Alexandra Shipp, Straight Outta Compton) and Jean Grey (Sophie Turner, Game of Thrones).

Opposing them is Apocalypse (Oscar Isaac of Star Wars: The Force Awakens) who sets about recruiting Quicksilver's estranged father Magneto (Michael Fassbender) and newcomers Nightcrawler (Kodi Smit-McPhee, The Roa), Angel (Ben Hardy, UK TV's EastEnders), and Psylocke (Olivia Munn) to his cause.

Who's behind it?

Bryan Singer's back for his fourth film in the X-Men franchise, after the original X-Men and X-Men 2, and 2014's passing of the baton, X-Men: Days of Future Past. He directed from a screenplay by Simon Kinberg, who shared an Oscar nomination for The Martian.

Is it any good?

Following a world premiere in London on May 9, X-Men: Apocalypse has accrued an IMDb rating of 8.3/10 from just north of 1,200 user scores (as of May 13). Movie critics' reviews dropped around the same time but were a little less enthused, with Metacritic giving a 51 per cent average score and Rotten Tomatoes turning up a 57 per cent approval rating from an average 5.7/10 score. AFP

What's next for J-Law after X-Men: Apocalypse?

THE FUTURE

A peek at the future projects of Hollywood's best-paid actress

After Jennifer Lawrence peels off Mystique's blue skin for the last time with the release of Bryan Singer's trilogy-closing X-Men: Apocalypse this weekend, fans must be wondering what's next for the actress.

Here are the 25-year-old actress's upcoming film projects.

Passengers

J-Law will be seen next starring opposite Chris Pratt in big-budget romance Passengers.

Set on board a space ship en route to a distant colony planet, Pratt and Lawrence are among the thousands of interstellar pioneers sedated in sleep chambers for the 120-year voyage when something wakes them up.

Lawrence plays a New York writer and Pratt is a mechanic. Details are few but we know the actress was very chatty about the awkwardness of filming a steamy love scene with the married Pratt.

Some scenes were shown to an audience at CinemaCon 2016, which reacted enthusiastically.

The movie opens in December.

Darren Aronofsky project

This one is a mystery. The Telegraph reports Lawrence is in rehearsals with director Darren Aronofsky on his untitled drama, which is also rumoured to star Javier Bardem and Michelle Pfeiffer.

Variety had a hint of a plot for the film, due out next year, saying it's about "a couple whose relationship is tested when uninvited guests arrive at their home, disrupting their tranquil existence."

We may not know much, but we do know Aronofsky makes movies that push actresses to expand their craft, like Natalie Portman in psychological thriller Black Swan and Marisa Tomei as stripper Cassidy in 2008 drama The Wrestler.

It's What I Do

There were several reports last year that war photojournalist Lynsey Addario's 2015 memoir It's What I Do: A Photographer's Life Of Love And War will get the big screen treatment, with Steven Spielberg directing and Lawrence to star. Time reported in 2015 there was a bidding war for the movie rights, with Warner Bros. emerging victorious.

No updates since then and considering Spielberg is already in pre-production on sci-fi thriller Ready Player One and drama The Kidnapping of Edgardo Mortara, this could take a while.

TORSTAR NEWS SERVICE

When Jennifer Lawrence peels off the blue skin of Mystique, she'll be diving into some new projects with Darren Aronofsky and Steven Spielberg. THE ASSOCIATED PRESS

Do you know if the Canada Pension Plan will be there for you in retirement?

The Canada Pension Plan Investment Board (CPPIB) is responsible for investing your CPP contributions.

Our investment strategy is designed to help ensure the CPP will be there for generations of Canadian workers when they retire.

You're invited to hear from the individuals in charge of investing your CPP retirement income.

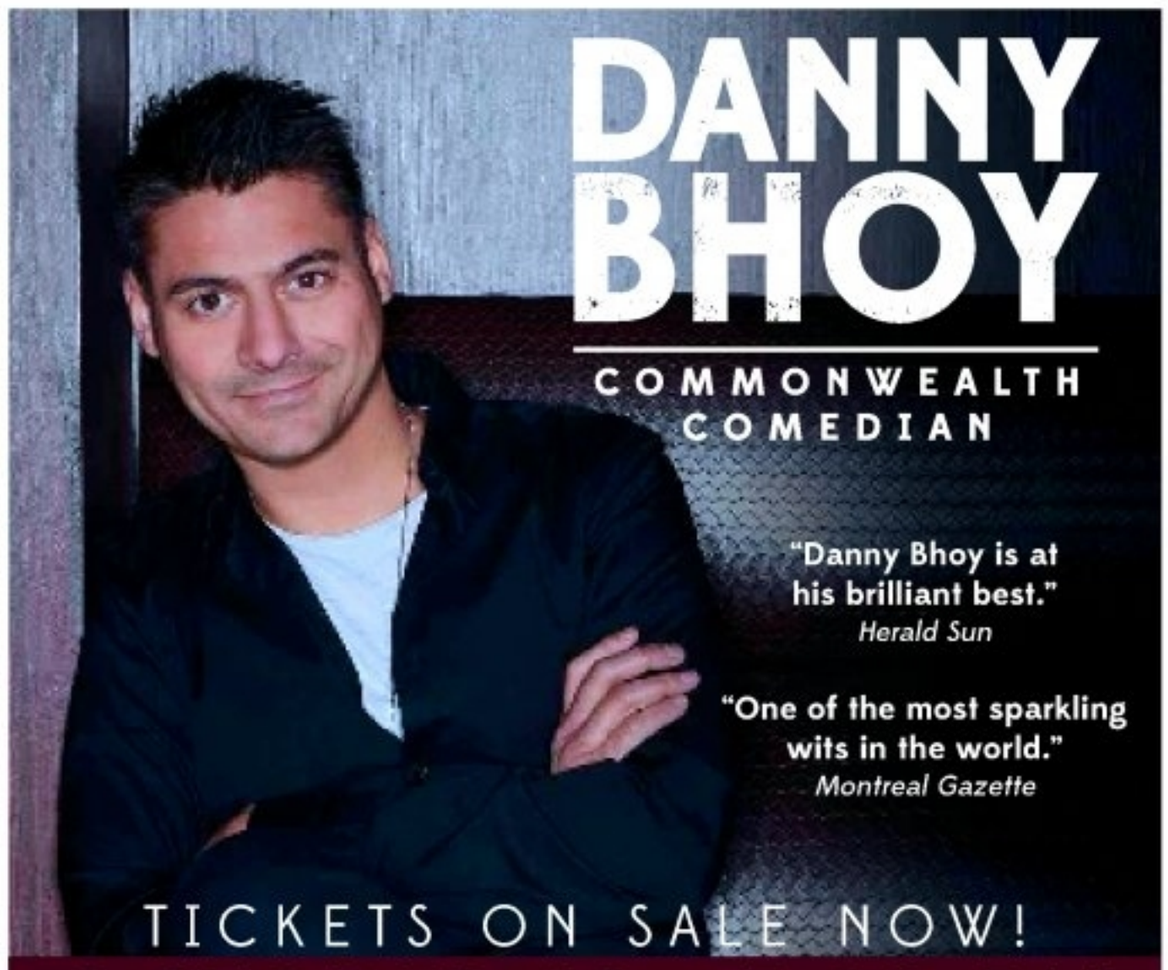
Canada Pension Plan Investment Board
Public Meeting and Webcast
Monday, June 6, 2016,
12:00 p.m. – 1:30 p.m. CDT

BY WEBCAST
Register in advance at www.cppib.com

IN PERSON
Radisson Hotel
Winnipeg Downtown
Terrace West Room
288 Portage Avenue,
Winnipeg, MB

CPP INVESTMENT BOARD

Visit www.cppib.com to view Canada Pension Plan Investment Board's annual report, or request a copy by phone at 1-866-557-9510.



15 YEARS LATER

Furious gets re-release for anniversary

Paul Walker, Vin Diesel and Michelle Rodriguez at the premiere of The Fast and The Furious in 2001. THE ASSOCIATED PRESS

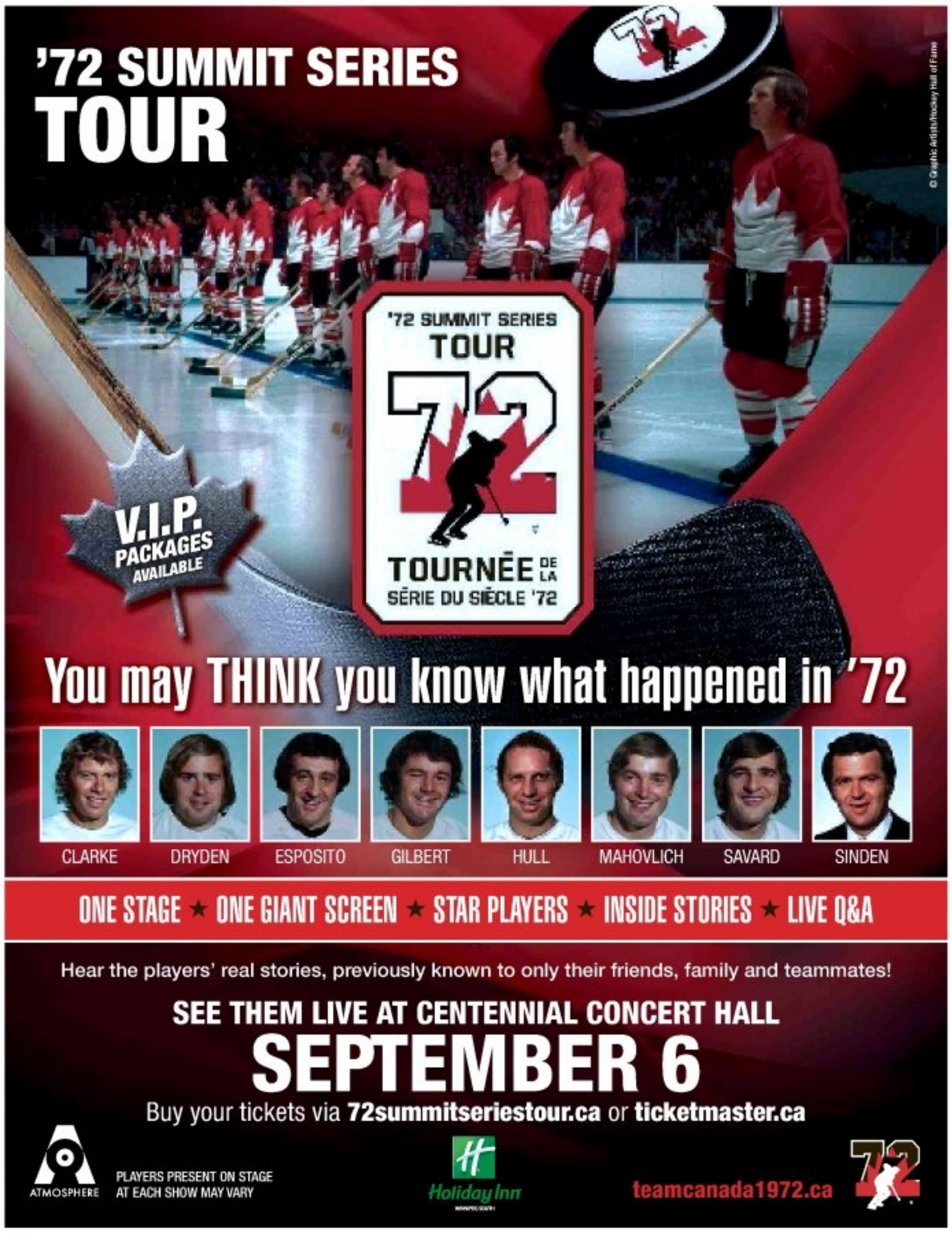
The Fast and the Furious is speeding back into theatres this summer in celebration of the 15th anniversary of the film that launched the improbable $3.9 billion franchise. Tickets are now on sale for the nationwide June 22 re-release.

The 2001 film about East Los Angeles street racers starring Vin Diesel, Michelle Rodriguez and the late Paul Walker was a big box office success, earning over $200 million worldwide, but no one at the time could have imagined its potential longevity. In the years and films since, the franchise has only grown in profitability and audience goodwill.

The most recent, Furious 7, earned over $1.5 billion globally in 2015.

The eighth film is in production for a 2017 release, with 9 and 10 scheduled through 2021.

THE ASSOCIATED PRESS



Star Trek ... and Beyond

Star Trek Beyond is more 'fun' than previous episodes in part thanks to comedic actor Simon Pegg (above). CONTRIBUTED

NEW TRILOGY

Stars reflect on legacy in lead up to 50th anniversary

It launched with a mission of just five years "to boldly go where no man has gone before" but half a century later Star Trek is a multi-billion-dollar cultural phenomenon adored by fans the world over.

When the show debuted in 1966 the concept was a three-season television show following the crew of the starship Enterprise as they ventured into the galaxy to seek out new civilizations.

Little did NBC know it would snowball into a touchstone in entertainment spawning six shows with a combined 725 episodes and 13 movies, and turning its stars into household names.

"To be talking about the 50th anniversary is insane. I was born the same year that Star Trek was," veteran filmmaker J.J. Abrams, the creative force behind the new "rebooted" trilogy, told a convention in Hollywood last week.

"I know how old I feel, so the idea that this thing endures is incredible."

Korean-American actor John Cho, who plays Starfleet Officer Hikaru Sulu in the rebooted trilogy — including the upcoming 50th anniversary film Star Trek Beyond — describes multiculturalism as one of its "defining features."

"I really believe theoretically in Star Trek movies. It's a good cultural product, in my opinion. I wanted to be a part of something I felt was an important, positive cultural contribution," he said.

Today "Trekkies" are the only fan group listed by name in the Oxford English Dictionary.

Karl Urban, who plays ship's doctor Leonard "Bones" McCoy — the role originally made famous by the late DeForest Kelley — said Beyond was more complex and yet more fun than previous episodes.

This is in part thanks to Simon Pegg — engineer Scotty in the reboot series — who was behind numerous British comedy hits including 2004's Shaun of the Dead and took on scriptwriting duties for Beyond.

"We wanted to make sure we got the balance right between paying respect and homage to what had been before — little inside jokes and references for longterm fans — and making it fresh and delivering new material that new audiences can appreciate," Urban, 43, said.

The Lord of the Rings and Riddick actor is one of a handful of cast members who describe themselves as having been big fans of the original series.

"I just remember being into it as a kid. There were hot girls in short miniskirts. It was sexy, it was fun," he said.

Part of the enduring appeal of Star Trek, says Urban, is its commitment to a hopeful depiction of a humanity united in the future despite differences in race and creed.

The latest film hits theatres on July 22 but, whatever its fortunes, the Star Trek phenomenon will boldly go on, with a new television series due out from January 2017 on CBS. AFP

"To be talking about the 50th anniversary is insane. I was born the same year that Star Trek was"
Filmmaker J.J. Abrams

metro TRAVEL

Your essential daily news

The great road trip is expected to return this summer thanks to cheaper gas

Lonesome highway

Today's youth prefer cycling adventures and prepackaged tours to "road begging," as it was once called. Inset: Rita Daly, 18, left, and Barb Sneyd, 18, hitchhiking outside Moose Jaw. MAIN PHOTO ISTOCK; INSET CONTRIBUTED

A writer looks back on the travels of her youth as she sets out on a road trip of a very different kind.

RITA DALY FOR TORSTAR NEWS SERVICE

There was no awe-inspiring moment of, "Hey, why don't we hitchhike out west this summer." At least, not that I recall.

It was just the thing to do back then, when thousands of youth — actually hundreds of thousands — took to the highways and back-roads to travel across Canada, the United States and Europe by sticking out their thumbs.

It was 1972. School was out, rock 'n' roll was in, when three fresh-faced girls with long hair, faded jeans and backpacks joined this historic movement and set off to see a world beyond the borders of Toronto with just a bit of cash stuffed in our pockets and a naive sense that all would work out in the end.

Once, on a Hwy. 401 trek to Windsor, I recall being picked up by a man with a prosthetic hand on the wheel and a handgun on the seat. When he made a stop in London, we bolted.

Another time, thumbing around England and Scotland, a group of sketchy long-haired weirdos picked us up in a van outside Salisbury. They kept staring at us, like we were the freaks.

Still, these memories remind me of those carefree days when hitchhiking was considered more a right of passage than a mode of transportation. Which brings me to the present.

My husband and I sold our house in Toronto, bought one on Vancouver Island and shipped our life westward. He flew out with the cat, and I, opting to drive, found myself on the same Trans-Canada route ventured more than four decades ago.

This time I was accompanied by a girlfriend with the comforts of modern-day road travel.

It made me wonder though, how many young people are hitching the highways today? Not many, I guessed, and guessed right. During our week on the road, travelling some 4,000 kilometres, we passed only five groups, or a total of 10 people, thumbing rides.

The numbers were a far cry from the throngs we ran into back in the '70s — camping out in peach orchards, wheat fields or public parks — when it seemed like everyone was, as Jack Kerouac said, on the road. You never felt alone. By contrast, today's hitchhikers seemed a lonely lot.

That's what I hastily assumed as we zoomed along, proud that I played my bit part in a huge counterculture experiment that today's hitchhikers lost out on. Of course, young people on the road these days may not necessarily feel that way. I have to assume they are carving out their own unique adventure, just in a different age.

Gabriel René and Caroline Dawson, for instance, are today's consummate version of '70s free-spirited hippies. Both 23 and from Montreal, they have hitched across Canada several times, thumbed around the east coast, the U.S. and spent six months thumbing around Australia. They have found nothing but friendly rides, interesting people, and the freedom and romance of the road.

As they turned and headed toward the highway, I asked where they were going next. "Not sure, maybe east, maybe the islands," said Dawson, meaning the west coast.

René smiled with a shrug. "Maybe north."

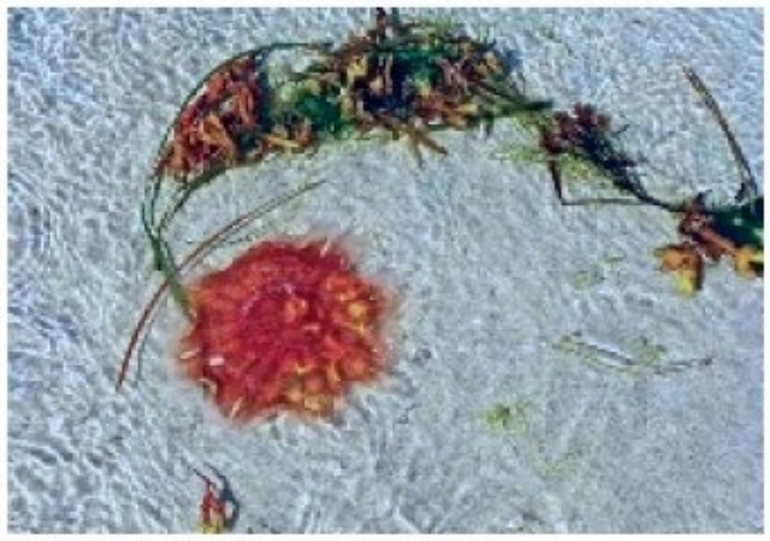
Hornby Island: The Hawaii of the north

B.C.

Modest jewel perfect place to spend the summer

Two sisters play wistful music as cars board the ferry leaving Hornby Island.

ALL PHOTOS KAREN MACKENNA FOR TORSTAR NEWS SERVICE



There is art in nature on this beautiful isle.

Hornby is one of those places you want to tell everyone about and yet at the same time no one.

The Salish Sea island, often referred to as Hawaii of the north, has warm waters and sandy beaches that set it apart from neighbouring islands, with their rocky beaches and frigid ocean temperatures.

Someone once said that Hornby floated up from further south a millennia ago.

This may just be island lore but Hornby does seem to have a geography all its own.

It takes three ferries and the better part of a day to get there from Vancouver, which is fitting because the journey to Hornby is more like a pilgrimage to a sacred place.

Once your feet touch the ground or your car rolls off the boat, you are on Hornby time.

The air is a fragrant cocktail of salt, wild rose and blackberry. Not far from the ferry docks you will come across the Cardboard House Bakery, an island landmark. It is a tradition in some families to stop here at the beginning of each holiday for a frangipane tart or some other delicious treat and sit with them in the bakery's apple orchard. Take a moment here to ponder which beach you might visit on day one. Such are the tough decisions one must make on Hornby.

Each beach has its own unique offering. Tribune Bay draws the most tourists with its dramatic cliffs, white sand and tropical vibe, but Pebble Beach and Whaling Station Bay —where the tide deposits new bounty each day, littering the ocean floor with sand dollars one day and spider crabs the next — are also excellent choices.

At low tide there are games of bocce and skim boarders surfing the shallow pools. At high tide, families wade into the bathwater while children race to save their drowning sandcastles.

These are the scenes of summer — island rituals embedded in the mind's eye.

Hornby may be the only place in the world where you can dive with six-gilled sharks, but you may prefer the relative safety of a leisurely sea kayak trip around the island.

Hug the shoreline and you will see thousands upon thousands of starfish clinging to the rocks.

It is an impossible sight only rivalled by a walk through old growth forest onto Helliwell Bluffs. Here the grass is so yellow and the sky and sea so blue that it feels as if you have stepped into an Edward Hopper painting.

At the end of Whaling Station Bay there is a thatched roof cottage. It is a beautiful piece of architecture that blends seamlessly into the tall grass. A modest jewel, like the island itself.

TORSTAR NEWS SERVICE

metro SPORTS

Patrick Marleau and Joe Thornton had played a combined 2,778 games without making a Stanley Cup final before their series win over St. Louis

From late draft pick to Conn Smythe favourite

NHL PLAYOFFS

Pavelski leads Sharks to West championship

The NHL scouts parading through Waterloo, Iowa, usually said the same thing about Joe Pavelski.

"'He can't skate, he's not big enough. He can't skate, he's not big enough,'" recalls P.K. O'Handley, who coached the San Jose Sharks forward back when he captained the USHL's Waterloo Black Hawks nearly 15 years ago.

Concerns ran deep enough that Pavelski, second only to superstar Alex Ovechkin in goals over the past three NHL seasons and the current Conn Smythe favourite with 13 playoff goals, fell to the seventh round of the 2003 draft, going 205th overall to the Sharks.

While intrigued by Pavelski, the Sharks didn't even use their first (of two) seventh-round picks to take him, opting instead for a French-Canadian forward who never played an NHL game.

How does a player with such apparent flaws — a lack of size and speed — rise into one of the league's premier players and goal-scorers?

It starts with a feel for the game that former coaches describe as uncommon. The five-foot-11, 190-pound Pavelski may not have been pretty to watch, but he could process the game quickly and that allowed him to make a play or score a goal.

"He's always thinking about four steps ahead of everybody else, even at the high school level, at the junior level and then ultimately at our level, here at Wisconsin," said Mark Osiecki, a former Badgers assistant who recently returned to the university's program.

"His mind for the game, his will to succeed, is at a super, super high level."

> **His hockey IQ, even at 17, was off the chart.**
>
> Pavelski's former coach P.K. O'Handley

"His hockey IQ, even at 17," added O'Handley, "was off the chart."

It's one of the first elements O'Handley noticed when he inherited Pavelski upon assuming the coaching job in Waterloo. He saw a kid who could think the game and was highly driven.

Osiecki remembers when Pavelski wanted to improve in the faceoff circle, he watched video of NHL players. He worked on blocking shots as a defender, tipping shots on the other end, performing the subtler aspects of the game which have made him into a force for the Sharks, where he's spent his entire NHL career.

Pavelski, 31, is an ace jack of all trades for San Jose. He's a focal point of a top power-play unit, kills penalties and wins 55 per cent of his faceoffs, among the top marks in the league.

He rarely gets mentioned in the company of Ovechkin, Lightning captain Steven Stamkos or Anaheim veteran Corey Perry, but he's been every bit as accomplished as a goal-scorer, too.

Only Ovechkin and Stamkos, both No. 1 overall picks, have more goals than Pavelski over the past five seasons and only Ovechkin has scored more since the start of the 2013-14 campaign.

Unlike Ovechkin and Stamkos, known for scoring in one or two prominent ways, Pavelski scores in bunches every which way.

A look at Pavelski's tally of 13 post-season goals reveals the variety: six slapshots, two tips, two wrist shots, one wraparound, one backhand and one snapshot.

THE CANADIAN PRESS

CUP FINAL

Game 1 of the Stanley Cup final will be Monday night. San Jose will either host Tampa Bay or visit Pittsburgh.

Heading into Game 7 between the Penguins and Lightning on Thursday night, the Sharks' Joe Pavelski led all players with 13 post-season goals.

TONY AVELAR/ THE ASSOCIATED PRESS

RAPTORS

Raptors downplay late-night activity

The Raptors are playing down a late-night visit to a Cleveland casino by two players on the eve of a blowout loss, saying NBA players have a different schedule than most.

DeMarre Carroll and Cory Joseph were seen in a casino near their hotel just before 2 a.m. Wednesday. Later that day, the Raptors were hammered 116-78 by the Cavaliers in Game 5 of the Eastern Conference final.

Toronto guard DeMar DeRozan called the fuss about the story crazy, saying he was up until 4 a.m. in his hotel room that night watching Batman v Superman: Dawn of Justice.

"Would that be a story?" DeRozan asked.

He said he couldn't remember the last time he was in bed before 2:30 or 3 a.m., often leaving the gym at 1 or 2 a.m.

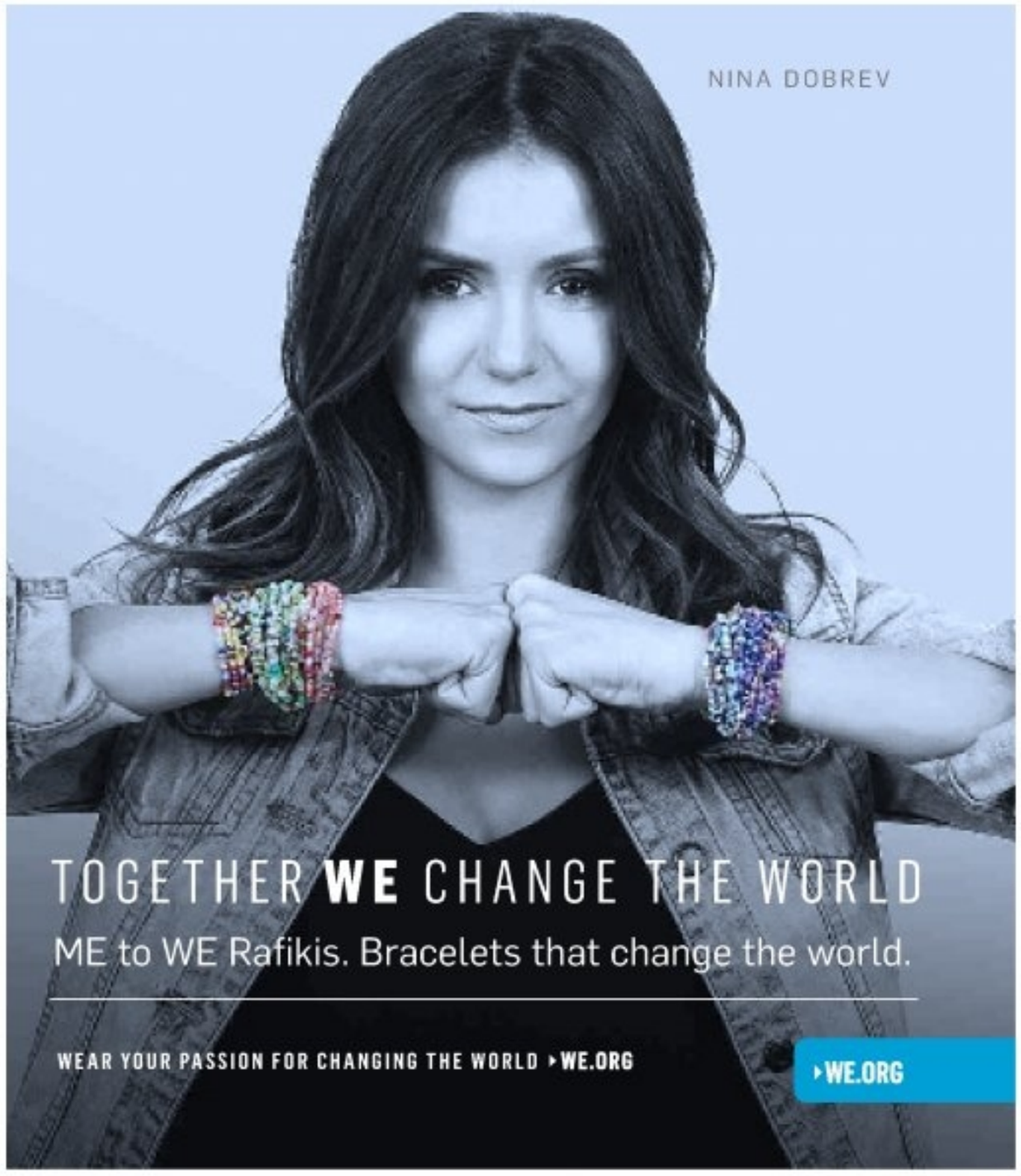
Raptors coach Dwane Casey says the two players are adults, weren't drinking and broke no laws. He says his concern was not the players' late-night walkabout but "getting our butt kicked."

As for the two players in question, they say the story was overblown.

Joseph says he still got plenty of sleep ahead of the game. Carroll says the reporter who wrote the story was "fishing a little bit."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Thunder-Warriors Game 5.



Good isn't good enough for Bryant

MLB

Cubs slugger's tweaks at plate lead to even better results

For all the towering home runs he hit in his NL Rookie of the Year season, something else stood out to the Chicago Cubs' Kris Bryant.

"I think I could have had an even better year," he said.

Seems like a harsh critique for someone who established himself as one of the game's best young players a year ago. But Bryant wasn't satisfied. He levelled his swing a bit in an effort to produce solid contact on a more consistent basis, and both he and the Cubs believe the change is paying off in big way.

The 24-year-old Bryant is on pace to finish with more home runs and RBIs as well as fewer strikeouts. The Cubs, meanwhile, own the best record in the majors after reaching the NLCS a year ago.

Kris Bryant GETTY IMAGES

"Knowing Kris, he's a perfectionist and he wants to be the best that he can possibly be," hitting coach John Mallee said. "If there's any adjustment that he can make, he's gonna try to make it."

Chosen with the second overall pick in the 2013 draft, Bryant became an all-star on a breakthrough team that won 97 games and sparked hope that a championship drought dating to 1908 could be in its final stages.

He batted .275 after being called up April 17 and led rookies with 26 homers, 31 doubles and 99 RBIs as Chicago made the playoffs for the first time since 2008.

And yet?

"I just saw some things I wanted to change," Bryant said. "And I went about it."

Bryant hit the longest homer in the majors last season — a 495-foot drive off Arizona's Ruby De La Rosa at Wrigley Field on Sept. 6. But for all the majestic drives, he saw too many foul balls and popups he thought he should have crushed.

That was something he and Mallee started trying to correct last season, and Bryant kept it up in the off-season through video and drills.

While his average (.279) was about the same, he was ahead of last year's pace with 10 home runs and 35 RBIs through Wednesday. He was also headed for 165 strikeouts compared to 199.

THE ASSOCIATED PRESS

RECIPE The ALT Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We bet you won't miss the meat in this healthy twist on the classic BLT using creamy avocado mixed with the sweetness of fresh basil. We like the sound of those odds.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients
- 1 tomato
- 1 tsp olive oil
- Sea salt
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 4 basil leaves, torn
- 4 pieces of multi-grain bread, toasted
- 1/2 head of Boston bibb lettuce

Directions

1. Cut tomato and place on a plate. Coat with olive oil and sprinkle with sea salt. Let stand.

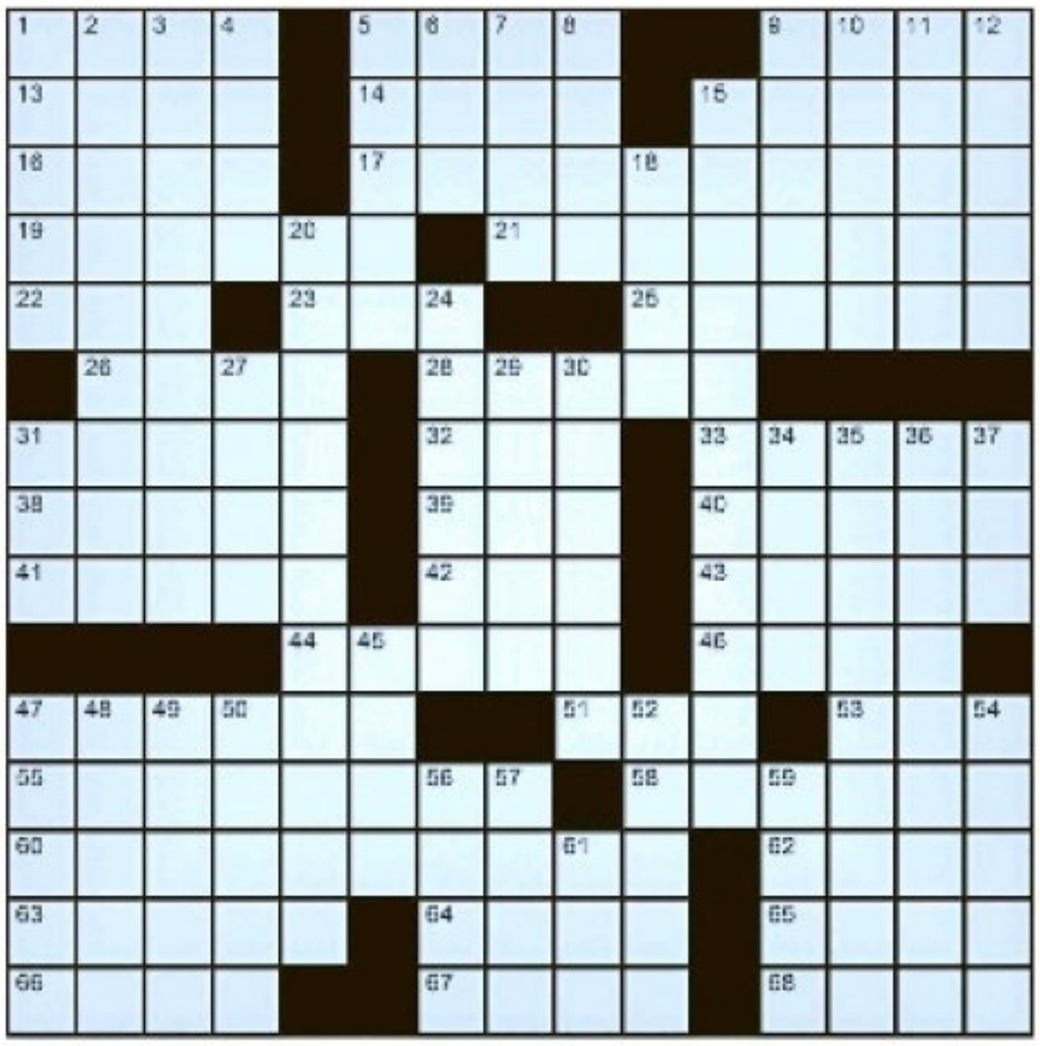
2. Meanwhile, mash avocado in a medium bowl and then add lemon juice and torn basil. Mix until smooth.

3. Toast bread and then smear about a tablespoon and a half of the avocado spread onto the bread. Finish by adding tomato slices and a few pieces of lettuce. Cut in half or in quarters and serve with some cucumber slices.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Health food 'heart'
5. Cruise
9. "__ the Faith" by Bon Jovi
13. Computer company
14. _.__ Canadian (Common currency conversion)
15. Spanish composer, Manuel de __ (b.1876 - d.1946)
16. Auditioned- for dream
17. City in Quebec
19. L-thru-S sequence
21. University in Ottawa
22. Roll of grass
23. Turnaround, slangily
25. Most cunning
26. Micro
28. Standoffish
31. Plains roamer
32. What Paul Simon's Roy needn't be
33. Seasoned yogurt dip of India
38. Empire of Mexico
39. G'days
40. "Back in the __ days..."
41. Dishevelled
42. AC/DC's explosive tune
43. Sans stopping...: 2 wds.
44. Actor Mr. Metcalfe
46. Two __ (Twenty dollar bill equivalent)
47. Martin Short comedy, "Three __!" (1986)
51. Rug of Scandinavia
53. Young sheep
55. Summery drink
58. Like a growing-in-the-high-mountains flower
60. James McAvoy's role in "X-Men: Apocalypse" (2016): word + letter
62. Card deck symbols
63. Game cube guy Mr. Rubik's
64. 'Moon'-meaning prefix
65. Go through
66. Big Apple denizen
67. Stuck-here computer keyboard key
68. Likewise

DOWN
1. Damages
2. Follow a budget
3. Singers and songwriters
4. Get ready
5. Sugar, in Sherbrooke
6. Wynonna's actress sis
7. Medical suffix
8. "Livin' La Vida __" by Ricky Martin
9. Ms. Sagal of "Married... with Children"
10. A-List
11. "St. __ Fire" (1985)
12. Emulate Emily Carr
15. Toronto-born comedian Samantha Bee's late night talk show, airing on The Comedy Network: 2 wds.
18. Roughly: 2 wds.
20. Composer of "Soul Bossa Nova" which was used as the theme music on classic Canadian game show "Definition": 2 wds.
24. Billionaire's fleet
27. Variantly-spelled refusals
29. Meat cuts
30. Prairie __, Canadian country band
31. Chef Emeril Lagasse's sound!
34. "Wake Me Up" singer Mr. Blacc
35. __ twins
36. Stress/anxiety
37. Moreover
45. Those, in Spain
47. Pertaining to Swiss peaks
48. Lighthearted/ joyous
49. "...and God I know __ __." (Bit of "House of the Rising Sun")
50. "__ __ Soda" by Kim Mitchell
52. Math Class: Vertical graph line, _._
54. Painter's artwork base
56. Fast web connections
57. 'Right' suffix
59. Dad
61. Medical pros

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Listen to advice from someone older today. Why not stand on the shoulders of those who have gone before you?

Taurus April 21 - May 21
Others might notice that you have done your homework. You are well-prepared, especially when it comes to discussions about shared property, inheritances and such.

Gemini May 22 - June 21
It's easy to study today. Likewise, it's relatively easy to fill out legal forms and do work that you might otherwise find daunting. (You're in the groove!)

Cancer June 22 - July 23
Discussions about shared property will go well today because you know what needs to be done and what needs to be said. You will come up with the resources to please a boss or someone experienced at work.

Leo July 24 - Aug. 23
Be prepared to go more than halfway when dealing with others today, because the Moon is opposite your sign. People want to have serious discussions.

Virgo Aug. 24 - Sept. 23
It will please you to keep things practical and orderly today. You want a place for everything and everything in its place. (No floaters, please.)

Libra Sept. 24 - Oct. 23
You might have increased responsibilities with children today; however, you won't mind. In fact, you will fully accept the duties and obligations involved.

Scorpio Oct. 24 - Nov. 22
A discussion with a parent or an older family member will be productive today. The key is to show respect and look like you're listening, even if you aren't.

Sagittarius Nov. 23 - Dec. 21
You will handle details and routine work superbly today, because you are mentally psyched for it. Let's face it — it's gotta be done. (And you know it's that simple.)

Capricorn Dec. 22 - Jan. 20
You want to tie up loose details about financial matters today, because you are in a practical, sensible frame of mind.

Aquarius Jan. 21 - Feb. 19
Today the Moon is in your sign, dancing with Saturn. This means you will do whatever is necessary to get the job done because your own comforts will be of less importance.

Pisces
Feb. 20 - March 20
Research of any kind will go well today, because you have focus, concentration and the energy to follow through. Get as much done as possible.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1		7	5		6	3	
3					9			7
8								
	5							2
7				3				9
1							4	
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6			5					1
	4	2		7	6		9	

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3	2	4	6	7	5	1	9	8
6	1	8	4	3	9	5	7	2
7	5	9	8	2	1	4	3	6
4	9	1	3	8	6	2	5	7
8	6	3	2	5	7	9	4	1
2	7	5	1	9	4	6	8	3
5	4	6	7	1	8	3	2	9
1	3	7	9	4	2	8	6	5
9	8	2	5	6	3	7	1	4

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